



Hi there!

How did you go with last week's challenge of being a bamboo?

Many people in their casual conversations referred to bamboo and flexibility last week and I admit I was quite pleased :)

Last week 21 Nov was my birthday and I always chose to keep it private. Never really bothered about celebrating this day for the last 22 years.



This is the 2nd year in my life so far where I shared my birth date with the world on social media and this year, it is also different because of complete lock down in South Australia.

Surprisingly, lock down didn't seem to be a challenge at all and I was flooded with love, laughter, surprise video calls, heart to heart chats and meaningful conversations."Everybody is so good and full of love and it absolutely depends upon what tap you choose to open". That's the thought I ended up with.

**What tap will you choose to open? Take that decision now.**

With forgiveness, acceptance, gratitude and surrender - I am starting another year of my life.

Love  
Manna



## Last week in the news :

We officially launched Story Terrace on the listening post last friday 20 Nov 2020.

Thank You to my awesome explorers who never think twice to dwell into your own minds and loved your energy.

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Stories.. Stories influenced and shaped the mankind since ages.

History is a story. Mythology is yet again another art of story telling which inspires, motivates and builds the spirit of life.

And inspiration is all around you. It is the most ordinary people who accomplished extraordinary things in their lives with pure grit, determination and will power.

I am curious what strategies did they use to pull themselves up from their lowest lows, what motivated them and what is their life's message.

Hence the conception of "Story Terrace"

Big THANK YOU to Zeljko Vrbanic for being our very first guest and sharing his story with us.

Simply stunning to know the roles Zeljko donned as a Master Chef, Pizza shop owner, Welder, Oil & Natural Gas Cleaner, WHS Officer, Auditor, Cleaning business owner, an architect drawing plans for commercial and residential properties, building cars, real estate investor, business coach an avid learner of life who built a model that generates passive income..

And here are the 10 key takeaways from his life story :

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1. Double your money every 3 years and invest to invest
2. When you dont know something, just be BOLD
3. Don't be afraid to lose. There is growth in every loss
4. There is time for everything in life
5. Fight means exploring more possibilities than everyone else.
6. Chase your dreams and Choose your battles wisely
7. Don't be attached to what you have already created. When you let go, you move on
8. Be open to learning and experiences
9. Don't overspend on the bad stuff. Live within your means
10. Any bad stuff will not last long. So is the good stuff. So have that balance.

Zeljko, you are an inspiration to all of us and I am sure, you are an inspiration for many.

And Thank You to beautiful Bec Eddison, SkillfulMind meditation leader for the lovely root chakra meditation.

If you have a story that you would like to share, leave a message to [manna@artofselfdiscovery.com.au](mailto:manna@artofselfdiscovery.com.au) and I will get in touch with you.

Your story is worth telling!

**\*\*Watch this space for his full interview, the december guest and their story\*\***

## ***Insights & Clarity Zone***

### ***"Why Affairs?"***



This is for all the women out there who are living in constant guilt and shame because of having an affair and suffering in silence, not knowing how to move forward ♥ .

Yes, they do disturb families and emotions. But at the same time, it is a massive indicator of how blindly one is leading a life in the mad rush of doing things and forgetting to live.

And failing to understand partner's needs and be understood - Emotional and Physical. It applies both the ways.

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Is it really wrong to have an affair?

I bet the very reason behind that thought is a suppressed emotion that you failed to express.

⚡ Perhaps, you always took a back step keeping the needs of others ahead of you OR

⚡ You believed enough that you are not good enough and that held you back from being who you are OR

⚡ You had to ensure your kids are taken care and you had to choose between two devils and chose the lesser evil OR

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⚡ You are torn apart genuinely knowing this relationship is over for you but you care for your partner's emotions and you are struggling internally OR

⚡ You are a woman who genuinely draws your inspiration from different partners at different times.

Doesn't matter whatever is the reason behind. You don't have to suffer in silence and carry the burden of guilt.

Have courage to talk and discuss the elephant in the room.

Take that first step and make that choice to empower yourself and everything else will fall in place.

What if we live in a world free from perceptions and accept things as they are and not how we are conditioned to think of them to be?

Judge not lest you be judged ❤️

Book your FREE 45 minutes growth potential session valued at (\$275) with me here if you have just had enough and are ready for a breakthrough or if you just want to clear your head space!! Know that you are with me in a trusted space. But please note spots are limited.

[Book Now](#)

**Here is the challenge for you till we meet again  
"Observe the tap that you are choosing to open"**

## **Your Free Resources @ The Art of Self Discovery** For your personal growth and personal evolution



**Every Friday 07.30 PM – 09.00 PM**  
**ACST**

“The Listening Post” facilitated by Manna Abraham will give you access to some of the most powerful mind mastery and self discovery tools in a judgement free community addressing your deepest emotions and fears .

[Know More](#)



**Every Wednesday 07.30 PM –**  
**09.00 PM ACST**

The objective of “The Goal Post” is to give you that little nudge to achieve your goals in a no judgement space and provide you a platform to be accountable.

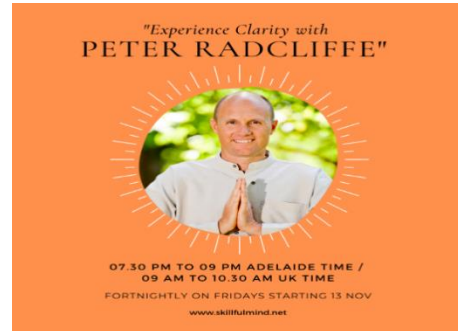
[Know More](#)



**Fortnightly on Tuesdays 07.30  
PM – 09.00 PM ACST**

The Lamp Post is a Mastermind group to offer coaches a combination of peer brainstorming, masterminding, accountability and support in a group setting to create the success you want.

[Know More](#)



**Fortnightly on Fridays  
07.30 PM - 09.00 PM ACST**

Topic for this Friday 27 Nov ;  
Does meditation play a role in finding true Love?  
Peter holds fortnightly live sessions via zoom on Fridays where you have a chance to ask all those questions you have been wondering about for years.

[Know More](#)

Feel free to reach out to me with your questions, concerns, feedback – [manna@artofselfdiscovery.com.au](mailto:manna@artofselfdiscovery.com.au) or join The Art of Self Discovery face book group by clicking [here](#)  
Also we can catch up every week on [The Listening Post](#) on Fridays and [The Goal Post](#) on Wednesdays.

See you soon :) **Just BE YOU and Live in the NOW!**

**Manna**

<https://www.artofselfdiscovery.com.au/>

**DISCOVER**

**REALISE**

**CREATE**

**LIVE**

**INSPIRE**

**PERSONAL BREAKTHROUGH**

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